

# COMMUNITY WELLNESS & RECOVERY WORKSHOP SERIES

Spring 2022



## THRIVING AT HOME

### Plan Your Garden: Seed Propagation **NEW**

Cynthia Robinson Workshop ID: 2196

Want to try starting your own seeds, but feel overwhelmed? Learn the what, how, and when of seed propagation. It's easier than you think.

Monday, April 11, 5:30–6:30 pm

Monday, May 23, 5:30–6:30 pm

### Plan Your Vegetable Garden

Cynthia Robinson

Workshop ID: 1753

Create a healthy and productive vegetable garden throughout the season. Covers seed catalogs, succession planting, crop rotation, soil building, and more.

Wednesday, April 13, 5:30–6:30 pm • Outdoor Beds

Saturday, May 7, 10–11 am • Container Gardens

### Cyber Safety for You and Your Family

Zachary Yamada

Workshop ID: 2077

Keep your family safe. Learn strategies for protecting your personal and financial information online.

Thursday, April 14, 3:45–4:45 pm

### Music, Mood, and the Brain **NEW**

Aileen Collins

Workshop ID: 2071

An overview of how the brain processes music and the impact of music on your mood.

Thursday, April 21, 12–1 pm

Monday, May 2, 5:30–6:30 pm

### Drawing: An Artform for All

Laura Mack

Workshop ID: 1970

Develop a new creative outlet. A 1-hour, hands-on introduction to drawing.

Friday, April 22, 5:30–6:30 pm

### Run Your Home on a Budget

Wes Jones

Workshop ID: 2080

Budget basics for smart home and family management.

Monday, April 25, 12–1 pm

### Get the Most Out of Your Library Card

Maria Beteran and Bev Ecklund

Workshop ID: 2081

Reading enthusiasts, movie fans and hobbyists, make the most of your library card. Find a great read, your movie night pick, or your next project.

Thursday, April 28, 5:30–6:30 pm

Friday, May 20, 5:30–6:30 pm

### Introduction to Composting **NEW**

Cynthia Robinson

Workshop ID: 2198

Composting is great for the environment and your garden. Get started composting at home with this 1-hour introduction.

Thursday, May 5, 12–1 pm

Monday, May 16, 5:30–6:30 pm



## MORE INFORMATION & REGISTRATION

Registration opens Monday, April 4, 2022

Register [ccrls.org/events/workshops/](https://ccrls.org/events/workshops/)

Must be 18 years or older to participate. Workshops may be recorded and made publically available. Questions? Contact us at [info@ccrls.org](mailto:info@ccrls.org). All workshops are offered free to the communities served by the CCRLS Libraries and Chemeketa Community College.

Workshops will be delivered online via Zoom.

Discover more workshops on next page.

Like us on [Facebook](#) to get regular updates and reminders about CCRLS programs



The Community Wellness and Recovery Workshop Series is a partnership of the Chemeketa Cooperative Regional Library Service (CCRLS) and Chemeketa Community College. This project was made possible in part by the Institute of Museum and Library Services CAGML-248046-OMLS-20.





## FAMILY WELLNESS

### Hiking for Beginners

Jennifer Cox

Workshop ID: 2100

Enjoy Oregon's great outdoors. A 1-hour introduction to hiking in Oregon.

Tuesday, April 26, 5:30–6:30 pm

Wednesday, May 25, 5:30–6:30 pm

### Mind over Mood for Stress Management

GwenEllyn Anderson

Workshop ID: 1933

A one-session introduction to Mind Over Mood - a step-by-step approach to rethinking your stress and stressors. Learn simple strategies to improve your mood and reduce your stress.

Tuesday, May 10, 5:30–6:30 pm

### The Science of Happiness

Marty Limbird

Workshop ID: 2181

Why do human connection, belonging, and love bring us happiness? A 1-hour exploration of the science behind happiness as a state of mind.

Wednesday, May 18, 5:30–6:30 pm

### Nutrition for Families

Ann Raymon

Workshop ID: 2127

Plan healthy meals for all ages. Simple changes and tips for healthy eating.

Friday, May 20, 12–1 pm

### Family Fitness: Staying Active Together

Raschel Larsen

Workshop ID: 1626

Keep your family moving and fit! Learn effective, practical strategies to help you reach your family fitness goals.

Thursday, May 26, 12–1pm

### Returning from Covid: A Matter of Adjustment NEW

GwenEllyn Anderson

Workshop ID: 2200

Returning to old routines after two years of restriction could trigger unexpected stress from re-entry shock. Learn how to recognize and manage this type of stress in you and others as we make our way back to normal.

Thursday, June 2, 5:30–6:30 pm

### Gardening for Mental Health

Cynthia Robinson

Workshop ID: 2140

Discover hidden connections between gardening and well-being. What the research says.

Monday, June 6, 5:30–6:30 pm



## BOOST YOUR CAREER

### Running Online Meetings Like a Pro

Colin Stapp & Lauren Funderburg

Workshop ID: 2183

Looking for ways to improve engagement and participation in your online meetings? A 1-hour, platform-agnostic introduction to web conferencing.

Thursday, April 20, 5:30–6:30 pm

### Video Conferencing for Educators

Colin Stapp & Lauren Funderburg

Workshop ID: 2182

Video conferencing more? Join our instructional technology experts for a 1-hour conversation about what they learned during the pandemic about video conferencing and how it can help those in K-20.

Monday, May 2, 3:45–4:45 pm

### Interviewing for Today's Jobs

Gary Kuhn

Workshop ID: 1655

Tips and hints on how to become better at interviewing, including telephone interviews, Zoom interviews and in-person interviews.

Thursday, May 12, 5:30–6:30 pm

### Finding the Right Career Path

Rebecca Salinas-Oliveros

Workshop ID: 2078

Match your skills and interests to the best career options for you. A 1-hour exploration with a professional career consultant.

Monday, May 16, 12–1pm



## YOU MIGHT ALSO BE INTERESTED IN

### Chemeketa Small Business Development Center Spring 2022 Classes

Great information for small businesses transitioning to new ways of doing business since the pandemic. Topics include starting your business, financial management, and more.

Register: [tinyurl.com/y4ee37z8](https://tinyurl.com/y4ee37z8)

### Contact us to learn more:

[sbdc@chemeketa.edu](mailto:sbdc@chemeketa.edu) • 503.399.5088

Discover  
**Chemeketa**  
Community College



**Chemeketa Cooperative  
Regional Library Service**



Community, Literacy, Technology.

The College is an equal opportunity/affirmative action employer and educational institution committed to an environment free of discrimination and harassment. Questions regarding sexual harassment, discrimination and misconduct policies and filing a complaint contact the Title IX coordinator at 503.584.7323. For questions about equal employment opportunity and/or affirmative action, contact 503.399.2537. To request this publication in an alternative format, please call 503.399.5192. For disability related accommodation, please contact Student Accessibility Services at least two weeks prior to the event at 503.399.5192 (TTY/voice) or [studentaccess@chemeketa.edu](mailto:studentaccess@chemeketa.edu).